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The changes in the body enable it to meet the new situation more effectively than would otherwise be the case. The adaptations that occur in stressful situations are generally compromises. The changes due to semistarvation permit man to meet the altered situation with moderate success. Rigid dieting over brief periods of time cannot do serious harm to the human body because of the factors of safety that lie within the body itself.

*Editorial: Human Adaptation to Semistarvation, Postgrad. Med. 8: 423-424 (November) 1950.*

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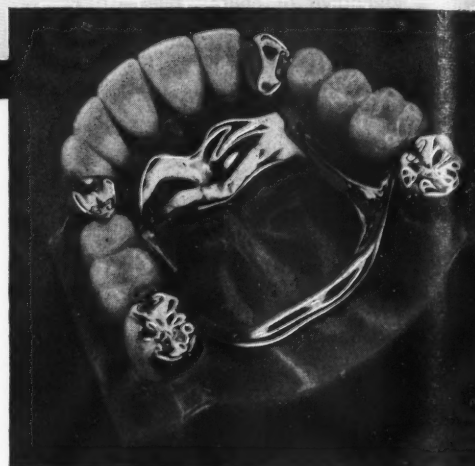
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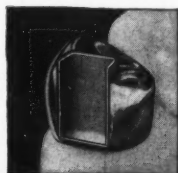
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